

OUR FAMILY KITCHEN

FREEZER LABELS · LAMB · COLOUR

SLOW-COOKED LAMB RAGU

LAMB · NO. 1

Frozen on: ____ / ____ / ____

Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat until piping hot, stirring, and add stock or water if needed.

KEEP FROZEN
BEST WITHIN 3 MONTHS

LAMB SHANKS IN RED WINE SAUCE

LAMB · NO. 2

Frozen on: ____ / ____ / ____

Portions: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat gently, covered, until piping hot. Loosen the sauce with stock.

KEEP FROZEN
BEST WITHIN 3 MONTHS

GREEK LAMB KOFTAS

LAMB · NO. 3

Frozen on: ____ / ____ / ____

☐ Raw ☐ Cooked

Koftas: _____

COOK OR REHEAT

Raw: bake from frozen at 200°C fan for 22–25 min. Cooked: reheat until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS

CAPE MALAY LAMB CURRY

LAMB · NO. 4

Frozen on: ____ / ____ / ____

Servings: _____

THAW & REHEAT

Thaw overnight in the fridge. Reheat gently until piping hot. Serve with yellow rice.

KEEP FROZEN
BEST WITHIN 3 MONTHS

Print at 100% (actual size) on A4. Each label is 85 × 110 mm. Cut around the border.

Write the date and portions before freezing.

OUR FAMILY KITCHEN

FREEZER LABELS · LAMB · LINE-ART



SLOW-COOKED LAMB RAGU
LAMB · NO. 1

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat until piping hot, stirring, and add stock or water if needed.

KEEP FROZEN
BEST WITHIN 3 MONTHS



LAMB SHANKS IN RED WINE SAUCE
LAMB · NO. 2

Frozen on: ____ / ____ / ____
Portions: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently, covered, until piping hot. Loosen the sauce with stock.

KEEP FROZEN
BEST WITHIN 3 MONTHS



GREEK LAMB KOFTAS
LAMB · NO. 3

Frozen on: ____ / ____ / ____
☐ Raw ☐ Cooked
Koftas: _____

COOK OR REHEAT
Raw: bake from frozen at 200°C fan for 22–25 min. Cooked: reheat until piping hot.

KEEP FROZEN
BEST WITHIN 3 MONTHS



CAPE MALAY LAMB CURRY
LAMB · NO. 4

Frozen on: ____ / ____ / ____
Servings: _____

THAW & REHEAT
Thaw overnight in the fridge. Reheat gently until piping hot. Serve with yellow rice.

KEEP FROZEN
BEST WITHIN 3 MONTHS



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